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Something to Think About

By F. A. WALKER

KNOW YOUR TALENT

THE first requisite in the life of the youthful, is to know his or her natural talent so that it may be intelligently developed and turned to profitable account.

Find the hole in which your peg fits without wabbling and keep it there. Do not move from pillar to post in quest of another, and you will enjoy more of what makes life valuable, glad as the years swing by that you have held firmly to your original intention.

Most of the failures in this work-a-day world are due to inefficiency, caused generally by shifting from one station to another and the woeful lack of fixed effort in the pursuit of a definite course.

You can never find the port you hope to reach if you persist in sailing your ship without compass and rudder. The tides and the winds will toss your precious craft into the open jaws of destruction or hurl it high and dry on the scowling rocks from which there is no likelihood of escape.

If you have a talent for painting, see that you produce pictures of beautiful themes and attractive colors; if your hand is deft in the use of tools, clasp the saw and the hammer and resolve that no one shall excel you.

You cannot overcome difficulties nor rise above the common level by lounging around in idleness, bemoaning your lot and envying the prosperous men and women climbing towards the hill-tops.

Whether you have one talent or five talents, there is but one medium through which you can achieve, and that is by hard, continuous work, holding steadfastly to your course and refusing to yield to discouragement.

There is in every person's life the crucial moment of choosing a permanent vocation, and when that is overcome, there remains nothing else to do but to drive straight ahead, determined to win an honorable destination.

To the men and women who are predisposed to loafing, given to stopping by the wayside to gather wild flowers when they should be tramping resolutely upon the highway, this scarcely forms an agreeable subject for meditation.

But these, as you may have already guessed, are they who have hidden their talent in a napkin and been crowded from the ranks of the successful, because of their own fickleness.

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MESSENGERS

By DOUGLAS MALLOCH

SOMEONE has said that thoughts are things—

I know each thought of mine.
Is like a bird with living wings
And pinions all a-shine.
I toss a thought upon the air,
As pigeon owners do—
No matter when, no matter where,
It hurries home to you!

O live each day with open heart
So, when my thought shall come
Across the miles we are apart,
It shall not find you dumb.
O live each day with open door,
Your heart's door open wide—
Some thought of mine is speeding o'er
The valleys that divide.

It bears a message all aglow,
The message old and young.
The message men and maidens know
In every land and tongue;
It sweeps across the azure skies,
It darts across the dome,
And home to your heart it flies,
Because your heart is Home.

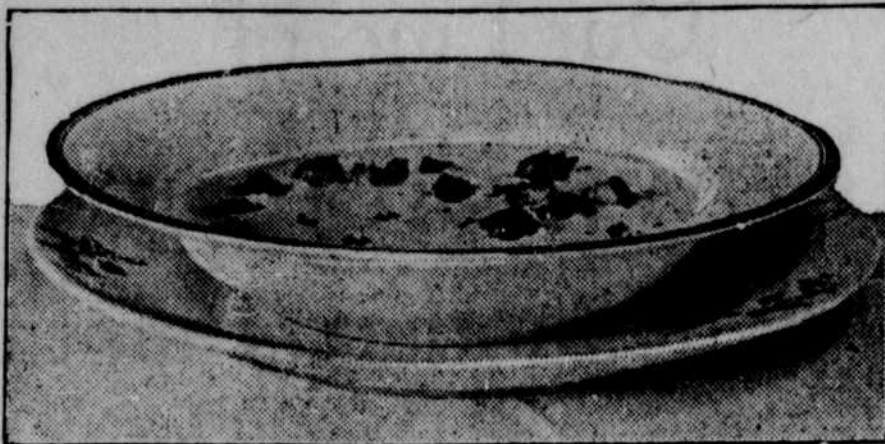
And may my bird, so fond, so fleet,
Upon its happy quest,
As it flies east another meet,
A pigeon flying west;
And, as they hail upon the blue,
Oh, may that pigeon be
A thought of yours, a thought as true,
A thought that flies to me!

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ONCE IS ENOUGH



FOOD VALUE OF SOUPS WILL VARY WITH VARIOUS INGREDIENTS USED



Milk Soups Are Especially Good for Everybody.

There is something unusually appetizing about a good, steaming soup, whether served as the first course of a meal or as a whole meal in itself. The South has its gumbo, and Maine its chowders, fulfilling the same purpose. Ocean travelers expect pea soup as a part of ship routine; they look for barley broth in Scotland, pot-au-feu in France, minestrone soup in Italy, bean or lentil soup near the Rhine. In every household the extra cooking and dishwashing involved in serving soup course is compensated for by the enjoyment of the family, the economy of using materials often wasted, and the reduction possible in the amount of food served for other courses.

Value of Soups Varies.

The food value of soups varies with the ingredients. The United States Department of Agriculture points out that the food value of a milk soup is higher than that of a water or clear soup. Milk soups are especially good for children at lunch time, for business people, and others who wish something warm, nutritious, but not too "hearty." Soups made with the water in which vegetables have been cooked contain substances which are too nutritious to be thrown away, though the amount of them is small. Soups made from meat stock contain meat extracts which are believed to stimulate digestion, but which do not wholly take the place of meat. Concentrated broths made for invalids from selected meat are more nutritious than ordinary stock, but not, as a rule, economical to serve at the family table. The soups served at dinner should be made from a different kind of meat from that in the main course. For example, chicken broth goes better with beef than with chicken cooked in some other way because the latter combination would overemphasize one flavor at a single meal.

Meat stock may be a blend by cooking several different kinds of meat bones together in the soup pot.

Soups From Legumes.

Soups from dried legumes such as peas or beans contain a great deal of nourishing material and need but little additional meat to make them the main dish for a meal. Some of the Chinese and Italian soups which are made in themselves are made substantial by considerable quantities of noodles or macaroni in some form as well as a little finely shredded or chopped meat and various vegetables, such as carrots, turnips, cabbage, or, in the case of Chinese cooking, various eastern vegetables. Frankfurters cut up in pea soup make a sufficiently substantial dish for a lunch, with crackers or bread. Fish chowders, clam or oyster stews, as a rule, contain so much nourishment that they constitute the main hearty dish for a family meal. Vegetable and other left-overs in too small quantities to warm up separately may often be combined to produce a good, "filling" soup, with slight expenditure for new materials. Such substantial soup is not so suitable for the first course of an otherwise hearty dinner as a clear one that proves chiefly an appetizing flavor along with warmth and extractives to stimulate digestion for what is to follow.

The practice of keeping a soup pot on hand to receive bones, and the water in which rice, potatoes, and other suitably flavored vegetables have been cooked, aids in making a little go a long way. The soup pot should be kept cold, however, except when actually cooking, and its contents should be sterilized by boiling at least once a day. Whenever possible, and especially in warm weather, it is wiser to use up all the soup on hand than to have some of it left over to spoil.

TELEPHONE SERVICE WITHOUT MUCH COST

Operation of Switchboard Is One of Most Importance.

Where Regular Operator Is Required on Full Time It Is Well to Rent a Separate Room or Building With Living Quarters.

(Prepared by the United States Department of Agriculture.)

One of the problems connected with getting telephone service in rural communities, where frequently a small mutual company must be formed to have such service at all, is the matter of switchboard service. There are several ways of managing this necessary function without undue cost, if the line is not adapted to automatic or mechanical switching. In a new Farmers' Bulletin, 1245, Telephone Companies, just issued by the United



The Telephone is indispensable in the Rural Home.

States Department of Agriculture, the suggestion is made that rural line switchboards may be located in private homes or stores if the volume of business does not justify renting or owning offices or buildings. In the case of a switchboard in a private home, the owner of the house is paid a small rent, and some member of the family is made operator and paid for the service which can be done while carrying on regular housework. In case of an emergency a night call will always receive attention. When the switchboard is placed in a store instead of in a home, it costs but little, as someone has to be on duty in the store all day, but night calls cannot receive attention except by special arrangement.

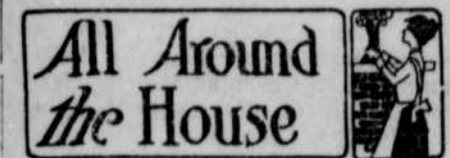
When a regular operator is required

on full time most companies will do well to rent a separate room or building. A number of mutual companies have built their central exchange buildings large enough to include living quarters for the operators. Thus instead of moving the board to the home of the operator, as is necessary when a change in operators is made, they move the operator to the board. Rent of living quarters is considered part of the operator's pay, and so, with little additional cost to the company over the rent of an office only, permanent headquarters are established for telephone operations. All companies reporting this plan have found it satisfactory.

DISH FOR LUNCH OR SUPPER

Recipe Given for Making Baked Vegetable Omelet or Souffle—Bacon Gives Flavor.

Drain cooked vegetables—peas, beans, cowpeas, carrots, spinach, or any preferred vegetables—to make one cupful of thick vegetable pulp when mashed or put through a sieve. Make a thick sauce by blending quarter cupful of fat with quarter cupful of flour and adding one cupful of liquid, which may be whole or skim milk, cream, meat stock, or the water in which vegetables have been cooked. Beat three egg yolks, and combine with the sauce and vegetable pulp. Add seasoning of salt, pepper, onion juice, and one of the following: Finely chopped parsley, chives, ham, one-eighth teaspoonful curry powder. Bacon used in making the sauce gives a good flavor. Beat the three egg whites till very stiff, fold into the souffle mixture and bake in a buttered baking dish in a slow oven until firm. Other vegetables may be served around the souffle.



Coarse sugar is one of the causes of heavy or hard cakes.

Pudding cloths will wash more easily if borax is added to the hot water.

Before tinting colored goods strain the dye and the material will color evenly.

Carrots, turnips and parsnips may be kept fresh by covering them with sand or earth and keeping them in a dark place.

Before putting knives away rub the blades with mutton fat or vaseline and roll them in brown paper. This will keep them from rusting.

When brushing a mud-stained garment, brush from top to bottom, not against the warp of the material. This is most important if the clothes are to look as fresh as they did originally.

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